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## The Winonan

Winona State University

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## TRiO celebrates 30 years at Winona State

**Erin Seaberg**  
Winonan

Winona State University's TRiO program celebrated their 30th anniversary this week.

Student Support Services at Winona State is made possible by the TRiO program. This program is a federal grant through the U.S. Department of Education.

The goal of TRiO and SSS is to provide assistance to student populations that are underrepresented at Winona State. These populations include those with disabilities, first generation college students, and low-income students.

About 50 percent of the students at Winona State are first generation college students.

Laura Briggs, a graduate assistant at SSS, said, "TRiO is an important program because it provides services for students that may not have the resources at home to help them succeed. It gives them an outlet and a place for support."

The 30th anniversary celebration took place on Feb. 24, with the intent to give students an opportunity to learn more about SSS and raise awareness for the program. Students were able to talk to

SSS staff and receive more information on the program.

The TRiO program was implemented at Winona State in 1982. Each year it has the capacity to assist 225 students. Currently there are about 220 students enrolled in the program. Although it is near capacity, TRiO is always accepting new applications.

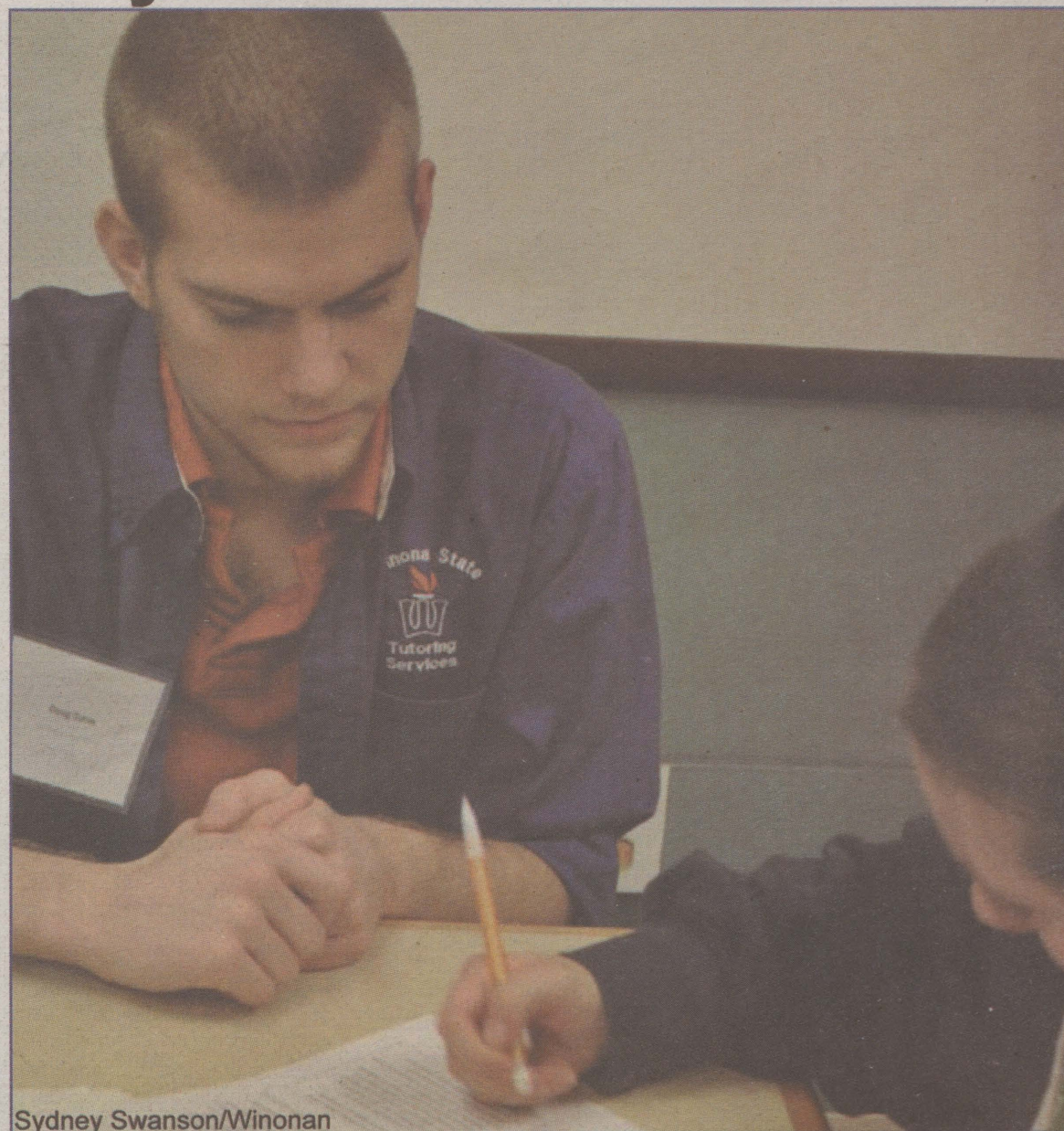
Students who are interested in SSS can find out more at the office located in Room 219 in the Krueger Library. TRiO applications can also be found in the office.

To apply for TRiO, students must first fill out the application and complete a registration interview. This interview helps the staff at SSS determine if the program is an appropriate fit for the student. Applications can be filled out at any point during the college experience. Students of any age and background are welcome to apply.

If the TRiO program is a fit, the student will work with an academic advisor to create specific plans and goals.

**See TRiO, pg. 2**

**At right, a student receives help at Tutoring Services.**



Sydney Swanson/Winonan

Inside:

### News

**New app features local businesses**



### Arts

**American magic lantern show**



### Sports

**Fantasy baseball season in full swing**



Contact us at [winonan@winona.edu](mailto:winonan@winona.edu)



## TRiO

Throughout their time in the TRiO program students will have the chance to participate in workshops, advising sessions, tutoring, and career counseling.

All of the programs offered through TRiO are free of charge to students who are participants in the program. Students are

often referred to TRiO by other programs on campus such as Disability Services.

"TRiO helps a lot of students feel like they belong in higher education," Toni Sohen, a student worker at SSS, said. "There are many students who come into SSS discouraged

about the future. We are able to answer their questions and help guide them in a positive direction."

Students who are not in the program still have many opportunities to receive academic assistance. Tutoring can be found right next door

in Krueger Library Room 220. The Math Achievement Center and Writing Center also serve students seeking assistance.

Sohen said, "A lot of WSU students tend to chose a major where the job title is the same as the major title such as nurse or teacher. Those are great options

but SSS helps to open eyes and to see the four year perspective in a different light."

Contact Erin at  
ESeaberg06@winona.edu

# Byron Motley speaks about Negro League

Julia Sand  
Winonan

Byron Motley told the inspiring history of the Negro Baseball League on Feb. 21 at Winona State University.

Motley's father, Bob Motley, led the way for his love of the game. Motley explained that his father would come home and tell countless stories, and when he would start another one, Motley and his mother and sisters would roll their eyes. The tables started to turn, though. Motley's father now rolling his eyes as Motley asks question after question about the great Negro Baseball League.

Since Motley's father could not play baseball, he got involved as an umpire. By Motley's account his father is a "living legend," for he is the last living Negro League umpire.

Motley, wearing a number 25 Monarchs jersey to represent his hometown, shared with Winona State the history and great successes of the often forgotten 1920s baseball league.

The Negro Baseball league—consisting of teams like the

Atlanta Black Crackers, Brooklyn Royal Giants, and Black Yankees—started in 1920, taking off immediately since blacks were not welcomed onto the already established white major league teams.

The league would travel around playing in major league stadiums, even playing at Winona's very own Gabrych Park.

Going to a game, fans could expect to see "showmanship."

"There was showmanship on the field; they did things to entertain the fans. It was just... fun," Motley said.

The league is not only recognized because it brought an outlet and much entertainment for black players and fans alike. It is responsible for pieces of today's baseball that would not be here without it.

Thanks to the Negro League, current baseball players wear helmets and play at night.

"If you hit a base-hit, and God forbid you didn't hit a homerun, the next time you got up to bat the ball would be thrown directly at your head," Motley said.

Motley explained that, once players caught onto that cycle,

they turned an old mining hat into a baseball helmet.

"Now you don't even think about getting into the batter's box without a helmet on," Motley said.

In 1931 the Kansas City Monarchs were the first team to play at night, Motley said. The owner, who was white, came up with the idea to light up the field with huge gas lights so the park could make more money.

His plan worked, for that game everyone in town and from neighboring places was in attendance at the game. Today, said Motley, more than 75 percent of games are played at night.

Not only were the Monarchs Motley's hometown team, and founders of night games, but they were also the "NY Yankees" of the Negro League. They were one of the first teams founded in 1920s when the league started, and during its 40-year history, they won 27 championships.

Another special aspect of the Monarchs was that it was Jackie Robinson's team. Robinson was the first black to play on a major league team in America.

Motley explained that even though Robinson was a

phenomenal player, he was not the best from the Negro League.

He was selected because he had a college education, served in the military, and had the overall character recruiters were looking for, Motley said.

"It surprised me to hear that Robinson was not put on the major league team because of his abilities, but that he was just put on it because they thought he would fit the role best," Winona State graduate student Nicole Kirchner said.

Motley also talked about three other more-than-noteworthy players. The first was pitcher Leroy "Satchel" Paige who made it to the big leagues in 1948 with the Cleveland Indians.

Second, catcher Josh Gibson: though records were not formally kept, it is said he had more than 900 career homeruns. Some say he died of a broken heart knowing he would never make it in the big leagues, Motley said.

Lastly was James "Cool Papa" Bell, known for his speed.

Motley was quick to give credit to three others whose names often go unnoticed:

Connie Morgan, Toni Stone and Mamie "Peanut" Johnson were the three women in the Negro League.

The Negro League was the "major leagues for blacks" said Motley; it was for those cut off from mainstream baseball. Back then a "good" player made about \$1,500 a month. For those from Latin American countries that had to go back south, a second job was needed, showing that they truly were playing for the love of the game, Motley said.

Motley and his father co-wrote the book "Ruling Over Monarchs, Giants, and Stars," telling the story of the Negro League. "I am very proud of the book, very proud of my father," Motley said.

Motley also directed and produced a televised documentary, "The Negro Baseball League: An American Legacy."

Contact Julia at  
JSand10@winona.edu



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# Students and alumni develop local shopping app

**Melissa Edel**  
Winonan

There is a new, free, map-based app in town called "SniffIt."

Director of SniffIt Ltd. Nicholas Donnelly, a senior at Winona State University, said this app is available on Android and iPhone, as well as for Twitter and Facebook followers.

It was released Jan. 20 this year and has already reached 1,000 downloads, more than 2,000 followers on Twitter and more than 800 followers on Facebook.

Andrew Klinkner, an alumnus of Winona State and director of new business U.S., said the app features several ways to get more information about local businesses.

The app's "Today" page features all of the daily specials with exclusive deals that Winona is offering, when businesses offer them. Once a particular special is selected, a description of the deal is presented along with the address of the business and a map of where it is. Klinkner said users of the application can then send a text or email regarding this information.

The "Directory" features different categories of interest such as "bars," "lifestyle," "retail," "coffee houses" and "restaurants." Once a category is selected, a user can find a picture of the business and its address along with its telephone number. The "Directory" feature also lists specials offered by each particular business.

Donnelly said, "We always want it to offer the most content, and we always want it to be user friendly."

The app also includes a map feature and has quick links to call a taxi or calculate tips, Klinkner said.

Klinkner said the SniffIt app was actually going to be called, "Chatty Campus," but the team chose SniffIt because the app is meant for the public, not just college students.

Klinkner said that currently, SniffIt is available to Winona, Fountain City and Centerville.

"We are planning to add deals and events to the app in the near future," he said. "We want it to spread to La Crosse, Wis. in the next month."

Donnelly, who is from the U.K., said he and the team want to eventually bring the app there as well. "It can really

change the app for us and how we envisioned it," Klinkner said.

Donnelly and Klinkner are thankful for the help from the rest of their team: Android developer Eric Petzel, iPhone developer and Winona State student Alex Corcoran, and graphic designer Megan Holschbach.

Interested students can contact the team about having SniffIt in a particular city, Klinkner said.

Students of all majors are welcome to help the team out with the new SniffIt app, Donnelly said. Students can contact Andrew Klinkner at [aklinkner@sniffitapp.com](mailto:aklinkner@sniffitapp.com) and Nicholas Donnelly at [ndonnelly@sniffitapp.com](mailto:ndonnelly@sniffitapp.com) or follow SniffIt on Twitter at @SniffIt\_App.

Contact Melissa at  
[MEdel08@winona.edu](mailto:MEdel08@winona.edu)



Photo: sniffitapp.com

## Discussion: "The Mis-Education of N\*\*\*er"

**Calline Cronin**  
Winonan

In honor of Black History Month, Winona State University presented "The Mis-Education of N\*\*\*er," a workshop designed to promote understanding about the word N\*\*\*er and its evolution throughout history on Thursday, Feb. 23.

The workshop was presented by "Change Agent Consulting: Each One, Reach One, Teach One," a Minneapolis-based educational group that offers professional consulting, inspirational lectures, and

interactive seminars and workshops. Marcellus Davis, Kenneth Turner, and Alexander Hines, the program's featured speakers, emphasized that they intended the workshop to be a dialogue, not a lecture. In other words, the workshop represented a safe space for people of all genders, ethnicities, and backgrounds to participate and discuss what Davis, Hines, and Turner have deemed a social disorder—the prevalent and ignorant use of the word N\*\*\*er.

Davis, who attended Winona State for one semester in 1998-99, was struck by the diverse

group of young people he has noticed using the term N\*\*\*a so freely in schools. He was even more appalled when these students' educators did not address the problem, but merely turned their backs.

"This is a very important conversation," Davis said. "This is a social disorder."

Hines, the director of inclusion and diversity at Winona State, believes the widespread use of the word N\*\*\*er is an issue we say doesn't exist, an issue we tend to sweep under the rug.

"It's one of the most debatable topics in America

right now," Hines said. "Who can use it and who can't?"

Hines is also concerned about the variations of the word N\*\*\*er, such as N\*\*\*a, and how, or if, their meanings are different. In his opinion, these terms cannot be distinguished; both are disrespectful. So Hines asks, "Why do we continue to use it [N\*\*\*er or N\*\*\*a] if we are disrespecting?"

Davis, Turner, and Hines suggest that the word N\*\*\*a, in this day and age, may function as a term of endearment as much a term of inferiority, which the current rap and hip-hop culture illustrates.

"N\*\*\*er is as American as apple pie," Davis said. What people fail to consider, they say, is the historical pain that accompanies the use of the word.

The word N\*\*\*er can be traced back to the term "N-G-R," pronounced "enger," which means God in ancient Kemetic language. This language derived from Kemet, known as "The Black Land" or "People of the Black Land."

See DISCUSSION, pg. 6



# Global women's health issues discussed

**Beth Rockswold**  
Winonan

Women's health care is a necessity, not a luxury, and every woman deserves it, said director of health and wellness services Tuesday at Winona State University.

Connie Kamara, master of public health, spoke to a group of students about global health care for women. Attendees learned about health issues affecting women worldwide.

Kamara performed humanitarian aid work for 20 years after graduating from Winona State and joining the Peace Corps. She said she could not count how many countries she has lived and worked in. She shared photos from other

countries and some of her experiences during the course of her work and volunteering.

"We take so much for granted over here," Kamara said.

She talked about global health care and some of the difficulties women across the world experience everyday.

She showed real-life examples with pictures of poverty stricken villages with women fighting for their lives. She also shared stories of how many women have to struggle with many obstacles to receive health care.

"99 percent of our work was in politically unstable, famine, war-torn and impoverished areas," Kamara said.

She said many women in other countries are not even

allowed health care access, and if they can get to a doctor or clinic, they sometimes need to be escorted by a male for safety. Kamara said sometimes only one visit could be made a day to the doctor, but it was worth it. The difficulty of accessing, receiving and promoting health care proves to be a great challenge all over the world.

Kamara said that in some countries, women are only allowed to see a female doctor, and usually there is only one female doctor in a town or city. Kamara said she saw lines outside a female doctor's office of desperate women waiting to talk about their health issues and receive appropriate care.

Many of the issues across the globe for women involve

prenatal care, pregnancy and high risk for disease and HIV.

"Here in the U.S. there are so many clinics and health facilities designed for women," Chelsea Thomas, a nursing student at Winona State said. "Women in other countries need health care facilities and adequate care that promotes prenatal and reproduction care as well."

Kamara said many countries have poor access to health care and malnutrition is widespread. There is also a high margin of gender-based violence around the globe.

The struggles that many women face in the U.S. are far different than the struggles that women across the world are forced to face.

"You never really think about it over here in the U.S.—what is going on overseas," Kamara said.

She said it is important for students to learn about global health care, and to come together to help campaign, promote and raise money for global health care.

When Kamara was asked about why she would go overseas and help with all of this in such dangerous and complex situations, she replied, "Why wouldn't I? Every small thing can help."

Contact Beth at  
[BRockswold08@winona.edu](mailto:BRockswold08@winona.edu)

## Internship Tax Credit Bill to open new internship opportunities for MnSCU students

**Rebecca Mueller**  
Winonan

New paid internships may soon be created for college students enrolled at schools in the Minnesota State Colleges and Universities, or MnSCU, system and at the University of Minnesota as a result of a bill currently working its way through the Minnesota House of Representatives.

The Internship Tax Credit Bill was brought to the Student Senate's attention at their Feb. 22 meeting during Senate President Jack Linehan's report. The bill would result in providing tax credit to businesses in Greater Minnesota as an incentive to create paid internships for college students. The tax credit would be applied as either \$1,250 or 40 percent of the intern's salary.

According to the bill's original text, the paid internships would be offered anywhere in the Greater Minnesota area, or anywhere outside of the seven-

county metro area, to junior and senior students enrolled at any MnSCU school or University of Minnesota campus. The program may be extended to include private colleges in the future.

Internships in a wide variety of fields would be offered to provide students with access to work experience within their specific degree fields.

The new internship opportunities would not be limited to the summer months. Internships could take place at any time and would be required to last for a minimum of 12 weeks. Hired interns would be paid at least minimum wage for a minimum of 16 hours per week.

The bill is considered a new and uncommon piece of legislature. "I think it's kind of unique," Linehan said.

On Jan. 17, Minnesota Senator Jeremy Miller (R) of Winona visited with some of the student senators about issues pertaining to college students. According to Linehan,

Student Senate Vice President Alexandra Griffin mentioned that there is currently a lack of available internship opportunities, helping to inspire the Internship Tax Credit Bill.

Miller introduced the bill to the Minnesota Senate on Feb. 15. Other co-authors of the bill include Rep. King Banaian (R), Sen. John C. Pederson (R), Sen. Michelle L. Fischbach (R), Sen. Tom Saxhaug (DFL), and Sen. Kathy Sheran (DFL).

The Coalition of Greater Minnesota Cities has been a key ingredient in the bill's development. The organization hopes to bring more internship opportunities to locations outside of the seven-county metro area. The reasoning behind this rural initiative is that money for internships generally goes to businesses in the metro area rather than the rest of the state.

The bill is currently in the Minnesota House of Representatives and has received a great deal of bipartisan support. Winona

State's Student Senate may soon take a stance to support the bill. By taking this action, Student Senate would provide backing and demonstrate student support for the bill, allowing Miller to offer proof that the bill would be beneficial.

Linehan hopes the bill will "provide more internship opportunities in Winona." He encourages students to show their support for the bill or share their input by emailing Miller at [Sen.Jeremy.Miller@senate.mn](mailto:Sen.Jeremy.Miller@senate.mn).

The original text of the Internship Tax Credit Bill can be viewed at <https://www.revisor.mn.gov/bin/bldbill.php?bill=S1869.0.html&session=1s87>. To track the bill's progress through the Minnesota State Legislature, students can visit [senate.leg.state.mn.us](http://senate.leg.state.mn.us) and search for S.F. No. 1869.

Contact Rebecca at  
[RMueller08@winona.edu](mailto:RMueller08@winona.edu)



Sydney Swanson/Winonan



# Winona State holds study abroad fair

**Karin Chandler**  
Winonan

Winona State University held a study abroad fair, sponsored by Winona State International Programs Tuesday, Feb. 21.

Upon arriving, students received a 'passport' that they filled with stickers from the countries they visited. The fair also featured a drawing to win an iHome speaker lamp system. On the way out, students received free ice cream.

Amy Decruyckere, an international programs administrant at Winona State, said, "It's a great experience. It certainly looks great on your resume. There are a lot of students from different locations that you can get first-hand information."

International and domestic students were presenting countries including Mexico, South Korea, Hong Kong, Taiwan, Egypt, Japan, England, Australia, China, Spain, and Malaysia. Each country had a table with students to answer questions and present the information.

Linda Niu said, "International and domestic students present information to the students. They [the students presenting] bring artifacts and send pictures to be used in the slideshow."

The students presenting had positive experiences and helpful information about their countries they were representing.

David Chen, a Winona State student representing China, said, "China will be the world's

next economic super power in the years to come. As an abroad student, it's good to embrace the Chinese culture."

Jeffery Ma, another student representing China, said, "China is going to be unforgettable. It has beautiful views: The Great Wall, the Great Palace."

Different countries have different programs in which students can participate. In South Korea, there is a buddy system that helps students throughout their semester.

"South Korea is a very convenient [country]," Hyosin Lee, a student representing South Korea, said. "It's a smaller country, but there are a lot of people. It's the fastest developed country in Asia. The university has lots of programs

for international students."

Other students talked about things to do within the countries they were representing. England has a variety of things to do, and the students representing England say that people forget that England is more than just a city.

Lauren Mclean, a student representing England, said, "You can do pretty much anything in England. There's the city and the seaside."

Lauren Fenton, also representing England, said, "It's a different experience. It's easier to learn the language. It's a big city and lots of things to do. There's nice weather and you can see the Royal Family at the palace."

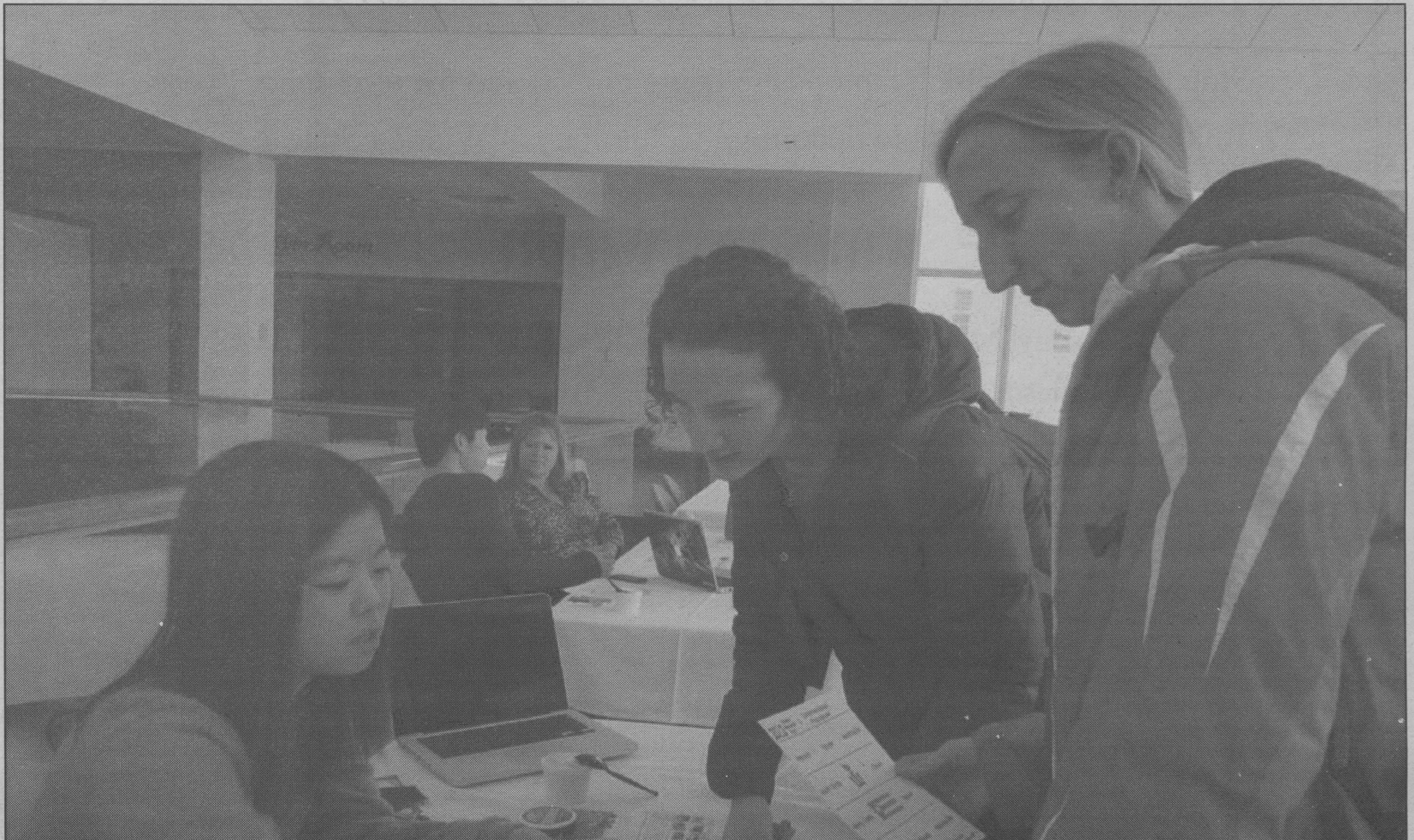
Students are encouraged to participate in the Study Abroad

programs. Niu said, "It's a good program and a great experience to learn language and culture."

Dana Engel, a Travel Study Assistant, said, "The fair is a wonderful opportunity for students to interact. There's a good collaboration between international and domestic."

The study abroad programs last from one to two semesters and applications are available online that students can print. Tuition and scholarships are also available for students. The application deadline for the fall semester is March 1.

Contact Karin at  
[KChandler08@winona.edu](mailto:KChandler08@winona.edu)



Students visit the South Korea study abroad table to learn more about programs.

Marcia Ratliff/Winonan



## DISCUSSION

continued from pg. 3

Since then, over the span of hundreds of years, the word has lost its divine meaning, evolving from God to Negroid to N\*\*\*er to Negro to Colored to Black to Afro-American to African-American and then back to N\*\*\*er, N\*\*\*a, and most recently, N\*\*\*az.

To stop the growing use of the word N\*\*\*er in everyday

speech, Davis, Turner, and Hines offer several strategies that can be used to combat its use, including getting educated, creating a safe space to speak around the world, avoiding judgmental behavior, and speaking about it from a historical perspective.

Brittney Knight, a Winona State student who attended

the workshop for a class, also attended because the topic interested her. Although she admits that talking about the word N\*\*\*er was awkward at times, she was pleased with the speakers' goals. "I liked how they are trying to get the education of the word out there," she said.

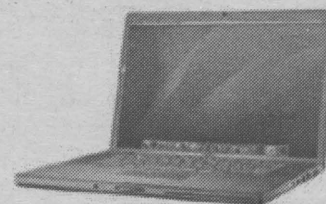
English professor Robert

Brault enjoyed the workshop but admitted that he was not the intended audience. Specifically, the references to hip-hop culture left him in the dark. "Overall, I thought the presentation was worthwhile, just not so good for me personally," Brault said.

According to Davis, Turner, and Hines, we have the power

to eliminate the word N\*\*\*er and N\*\*\*a from our language if we make a conscious effort to change the behavior of ourselves and others.

Contact Calline at  
CCronin07@winona.edu



## LAPTOP SHOWCASE EVENT

- Stop by and see which laptops are being considered for next school year
- Talk to us about possible upcoming technology at Winona State

## WHEN AND WHERE

- Tuesday, March 6, 2012 - Kryzsko Student Activity Center
- Wednesday, March 7, 2012 – Science Building

## Do you...?

- a) like the smell of books
- b) fix photocopiers in your spare time
- c) know AP style like the back of your hand
- d) avoid cliches like the plague
- e) beat everybody at Scrabble on a regular basis
- f) read excessive amounts of information and bore your roommates with it
- g) know the leaders of every major and minor country
- h) diagram sentences while waiting for the shuttle

- i) write poems about everything
- j) despise comma splices
- k) make obsessive predictions about every state primary
- l) make annoying puns

If you circled one or more of the above, don't worry. You are not insane, but you should really consider writing for the Winonan. Contact News Editor Marcie Ratliff at MRatliff09@winona.edu for details. News writing experience is preferred, but we like to teach if you are willing to learn.



# What's Happening Around Winona State...

|                   |   |  |  |
|-------------------|---|--|--|
| Wednesday<br>2/29 | <b>Warrior Weigh</b><br>Time: 3 p.m.<br>Place: IWC 267<br>Contact: Jill Henscheid<br>JHenscheid@winona.edu  | <b>Athenaeum Series: "What Was New in History?"</b><br>Time: 1 p.m.<br>Place: Library 2nd Floor<br>Contact: Allison Quam<br>AQuam@winona.edu | <b>Dickens Silent Film Showing</b><br>Time: 7 p.m.<br>Place: SLC 120<br>Contact: Ann-Marie Dunbar<br>ADunbar@winona.edu                                |
| Thursday<br>3/1   | <b>Summer 2012 Registration opens</b>   | <b>"No Place Called Home"</b><br>Time: 7 p.m.<br>Place: Dorothy B. Magnus Theatre<br>Contact: Tamara Berg<br>TBerg@winona.edu                | <b>Midterms...</b>   |
| Friday<br>3/2     | <b>International Dinner Auditions</b><br>Time: 3 p.m.<br>Place: Dining Room B, Kryzsko Commons<br>Contact: Nikko Medina<br>nmedina10@winona.edu                       | <b>UPAC Presents Loud and Local</b><br>Time: 6 p.m.<br>Place: SAC, Kryzsko Commons<br>Contact: UPAC<br>upac@winona.edu                       | <b>A Medieval Madrigal Mystery Dinner Theatre</b><br>Time: 6:30 p.m.<br>Place: Lourdes Cafeteria<br>Contact: Marybeth Lenhardt<br>MLenhardt@winona.edu |
| Saturday<br>3/3   | <b>UPAC Presents: Gophers vs. Badgers Men's Hockey Game</b><br>Time: Bus leaves 3:30 p.m.<br>Place: leaves from Minne parking lot<br>Contact: UPAC<br>upac@winona.edu | <b>National Anthem Day.</b><br>Oh say, can you see?  | <b>RHA Presents Free Ice Skating Come Skate, It's Great!</b><br>Time: 8-11 p.m.<br>Place: Bud King Ice Arena<br>Skates and busing free with WSU ID     |
| Monday<br>3/5     | <b>Changing Community Norms -- Stopping Violence Against Women</b><br>Time: 12 p.m.<br>Place: Purple Rooms 244/245<br>Contact: Tamara Berg<br>TBerg@winona.edu        | <b>Healthy Monday: Renew Your Life!</b><br>Time: 7 p.m.<br>Place: IWC 138<br>Contact: Health Promotion<br>healthpromotion@winona.edu         | <b>Hosting a campus-related event?</b><br>You could see it listed here!<br><br><b>Contact News Editor Marcie Ratliff</b><br>at MRatliff09@winona.edu.  |
| Tuesday<br>3/6    | <b>The Fairy Tale Story of "Making Love"</b><br>Time: 12 p.m.<br>Place: Purple Rooms 244/245<br>Contact: Tamara Berg<br>TBerg@winona.edu                              | <b>"Put This On The {Map}"</b><br>Time: 7 p.m.<br>Place: Somsen Auditorium<br>Contact: Tamara Berg<br>TBerg@winona.edu                       | <b>National Chocolate Cheesecake Day.</b><br><br><b>Be excited.</b>  |



## Alcohol: the social lubricant to rekindle friendships?

**Ashley Ludin**  
Winonan

This past weekend, I found myself at a party with people I love, people I don't really care for, and people I wish I knew better.

I clung closely to those I love, trying my best to avoid the ones that I didn't care to talk to. After taking a lap or two around the party, I found myself face-to-face with one of the girls I did not want to talk to.

Filled with the confidence from our drinks, we started to chat. It had been just about a year since we last spoke,

mostly due to a past friend spoiling the friendship. We said our apologies, explained we don't have a problem with each other and finally hugged and made up. However, now in my sober state, I find myself questioning whether or not this apology was sincere.

Being college students, many of us spend our weekend nights drinking and going to parties. Alcohol is a social lubricant and allows us to talk to people we normally talk to, about things we normally wouldn't talk about.

Having these conversations is also what gives us the stories we tell on Saturday and Sunday

mornings.

But does one drunken conversation really make up for almost a year of not talking? As much as I wish I could say that all is forgiven and forgotten, it isn't.

There may be a rare case where you make up on a Friday night and from that point on it's like nothing ever happened, but I think that is an exception, not the rule. Just because it happened one time to your best friend's sister's best friend, doesn't mean that it will happen to you.

Most of the time, we need to just take it for what it was, a drunken conversation that

may lead to a friendly wave on campus, but nothing more.

Perhaps I am wrong. Perhaps a drunken conversation has much more value than I give it, but rather than hold my breath, waiting to hear from her, I am going to leave it at this: we were both drunk, we said an apology, and hopefully we can be civil toward each other in the future.

One conversation on a Friday night at a party doesn't change the past. We can acknowledge the fact that it did happen and be civil from this point on, or we can choose to act like it simply never happened. As much as I hope

for the latter, it is possible that she doesn't even remember our conversation. Perhaps next time we find each other at a party we can make awkward small talk, but I'm not going to let it affect my day-to-day life.

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## Why you should date an illiterate girl

**Molly Barrett**  
Winonan

If you've ever felt like me, your nose buried in a book on a Friday night, wondering why your novel is far more interesting than going out into the massive sea that is Winona on a weekend, you've probably wondered if your excessive reading habit is wreaking havoc on your life.

A friend recently suggested

an article for me to read, titled "You Should Date an Illiterate Girl".

The title alone angered me. What kind of guy would want to date a girl who doesn't read? Two sentences in, I had realized that the title was sarcastic, the author (Charles Warnke), uses the article as a satire of the world of girls with their noses in a book, calling their shots in real life in a parallel to the plot twists and

character development they find in the novels they spend most of their time with.

Warnke compares a girl who reads to a girl who notices the trivial events of life and makes them into her own plot. "Date a girl who doesn't read because the girl who reads knows the importance of plot. She can trace out the demarcations of a prologue and the sharp ridges of a climax. She feels them in her skin. The girl who

reads will be patient with an intermission and expedite a denouement."

Gee, and all this time I thought I was patient because I was born that way. I like this explanation better than Lady Gaga's. Point being, I believe extremely in the importance of educating yourself and taking the time to ponder the world around us.

I truly do believe writing and reading is "a beautiful

reciprocal arrangement", as J.D. Salinger so eloquently put it. So don't date a girl who reads. I think she knows far too much.

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Have an opinion?

See it here.

Email [winonan@winona.edu](mailto:winonan@winona.edu)



# Religion causes controversy in the classroom

**Matthew Barrett**  
Guest view

It is amazing to me, being amongst collegiate peers in a history or science class, that half of our time is spent enduring theological debates between a veteran professor and Bible-thumping nitwits.

I find it also incredible that historical facts can be disputed with fairy tales of a man being swallowed by a fish and a talking snake. The whole religious part of history has gone far enough; it's time for some rational thinking for once.

Growing up Catholic, I found it incredibly blasphemous when in my first year of high school I was forced to learn about evolution. I was the same type of annoying kid that I would find years later at college, somebody who refuses to accept facts because by accepting, it would destroy their entire belief system.

I was honestly attempting to refute scientific fact as a 14-year-old child who couldn't let go of their precious preconceived notions and actually learn something from the course. Rather, I held true to my religious ways and regret giving my science teacher such a hard time.

Looking back on these times, I feel extremely foolish. I closed a door to education that is vital in understanding our place in the world. Imagine my surprise when I see students at Winona State doing this exact same thing, only as adults rather than teens.

There is an alarming amount of people who will defend the actions of medieval tyrants, murderers, and slave owners learned about in history all because these kings justified their actions as divine.

And why shouldn't they? The Bible contains everything from directions on how to sell your daughter as a slave to specific orders from God to slaughter entire towns. If you actually take the time to read the Bible, it is not awe-inspiring, as you would expect a book written by our supreme creator to be.

Most people upon reading it would actually find themselves repulsed and dismayed by the things that go on within its pages. Why then, is a book that is filled with such hypocrisy, horrific imagery, and brutal violence something that people in this day-and-age continue to worship?

Despite the horrible content of the Old Testament, it is more important to look at

the figurehead of nearly all popular American religions: Jesus Christ himself. Keep in mind that the man Jesus of Nazareth was not the only prophet of his time.

Literally hundreds of prophets were around during the same time period as Jesus who also performed miracles. Not convinced? Consider this: years before Jesus' time, there were numerous pagan religions that held many similarities to the story of Jesus.

Many pagan gods were born on Dec. 25th. Many more of them were born of a virgin, performed miracles, had a ceremonial dinner of bread and wine, were betrayed by a follower, had disciples, and were later killed and rose from the dead.

And again, these religions existed for years before Jesus was even born! How then, can we as a society attempt to make sense of the world by solely going off of what a two thousand year old book says that is clear copyright infringement of ancient religions that have been around since long before Jesus was even in the picture? It just doesn't make sense.

By no means am I insulting anybody's beliefs, but think about it logically. If the entire

story of Jesus is a carbon copy of hundreds of other religions, what makes Christians think they have found the answer?

If there is tested and proven scientific evidence for evolution and the history of mankind, why on earth would people attempt to reject these discoveries with literal fairy tales?

If people would just accept the fact that talking animals, great floods, miracles, etc. are simply story telling devices, we could spend a lot more time working at being better people and making scientific advancements rather than wasting our lives away praying, confessing, and giving our money to an invisible man in the sky.

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# Women finally getting say in the comedic world



imdb.com

## Hannah Bauman Winonan

When it comes to therapy I find that the best way to truly relax is to have a good ol' bellyache laugh at the things that make you smile the most. No need for those expensive anti-depressants, just hop online and upload the latest episode of "Saturday Night Live" or rent a classic such as "Animal House" or "The Princess Bride."

In the more recent years, the comedy genre has had more leading ladies. They make it seem so easy, being able to make everyone laugh. Take Kirsten Wiig, for example. She got her big break in 2005 when she was added to the "SNL" cast where she wowed many. She steadily grew more popular, from her early roles in movies such as "Knocked Up" and "Whip It." It was not until last year's "Bridesmaids"

that this chuckle-inducing lady became the leading role in a film she co-wrote with a fellow female. Now she's continuing on "SNL" with her reappearing roles of Gilly and The Target Lady. Kirsten Wiig surely is not the only funny lady that has made a mark on the world of entertainment.

Over the years of television and cinema, and even radio, there have been many people who have tried and either failed or succeeded in the working world. Starting with the iconic TV star, Lucille Ball. Starting her show in 1951 alongside her husband, Desi Arnaz, Ball and Arnaz starred in one of the biggest comedy sitcoms to impact the history of America. Families could not wait to watch the shenanigans that Ball would get into and how Arnaz was going to scold her when he found out. Do not forget about Ball's sidekick

and neighbor, Ethel, played by Vivian Vance. Vance and Ball supplied hours of gut-busting banter that was appropriate enough for a five-year old me to watch. The important thing to remember about Ball is that she may have played a forgetful, worrisome housewife on TV but in reality she was a real ball-buster. In the early production of "I Love Lucy," Ball and Arnaz made it very clear the direction they wanted the show to go in. It takes a strong individual to walk into a man's world and start demanding things. But only a woman could do it.

Throughout the years the sense of public humor has changed and performers have adapted to it. Finally in the mid-seventies, there was talk of a show. I have already mentioned this show but in order for "SNL" to actually air, it took a lot of hair pulling. And is that not

what girls are best known for? Hair pulling? The first cast of "SNL" consisted of five guys and three women. The men were arrogant (they even admit to it!) and they believed that the women were not funny and would not be able to pull their own weight. A little lady by the name of Gilda Radner shut them up pretty quick. Here was this new young performer, from the "National Lampoon" radio hour, who made a name for herself on the first seasons of "SNL." She could compete with the boys. She could be vulgar, she could be violent, she was sassy. She also could be something that the men could not: she could be innocent. She could play a sniveling nerd consistently denying the advances of Bill Murray or she could play an overdramatic girl throwing her body up against a set wall after being sent to her room. Radner finished the dramatic

girl sketch with broken ribs.

And now with the funny ladies of today: Chelsea Handler, Kirtsten Wiig, Tina Fey, Emma Stone...the list is never ending and always growing. I love being able to relate to a female comedian, when a certain phrase leaves her mouth and I react by saying in my head, "Oh my goodness. She's my twin." I am not saying that male comedians are not funny by any means. I love my fair share of Dan Akroyd as Julia Child or John Belushi as the college lush Bluto on "Animal House." I feel that women comedians have come a long way. They are finally getting the gut-busting laughs that they have worked so hard for. Plus, now I have even more examples of strong women to look up to.

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## What the "Vagina Monologues" is really all about



(Pictured, left to right) Olivia Wulf and Ashley Bauer get into full character during the preview of Vagina Monologues Brad Farrell/Winonan Thursday night.

**Hannah Jones**  
Winonan

Last weekend, the Vagina Monologues' tenth anniversary showing ran in the Somsen Auditorium.

Before the first performance that Friday night, I was backstage with the rest of the cast, preparing to go onstage and recite scores of real women's thoughts and feelings on vaginas. We had begun rehearsing our monologues immediately after returning from winter break. We had seven weeks to practice our lines and our blocking again and again and again, diligently taking an hour individually for each monologue as well as a two-

hour group rehearsal each week.

The seven days leading up to the performance had upped the ante to four hours of rehearsal a night. We all knew the words forward and backward. I was even beginning to unintentionally substitute various words in daily conversation with the word "vagina."

"Hey, have you studied for that quiz?"

"You bet your vagina, I have."

"How far away is that coffee shop?"

"Oh, just one or two vaginas."

"Ah-choo!"

"Vagina!"

With that copious

preparation at my back, I bet you can probably guess how I was feeling when I heard that curtain go up.

...That's right, terrified.

When I came onstage, it was like the past two months had been completely erased from my mind. All of these people came to see a deep, speculative production on the most intimate part of being a woman. One of my monologues was from the point of view of a male-to-female transgender individual, and how she came to share in the experience of being female through repression, violence, intense surgical adjustment, hate and grief. If I could manage to remember my lines, I still had

to find a way to communicate this incredibly moving story of hardship and pain and make it real for those five minutes I would be telling it. How could I reach out and connect with the words of these women, many of which were mutilated, beaten and raped? I was scared out of my vagina.

"You have to mean what you say," co-director Tiffany Streng told us one evening after rehearsal, "otherwise you don't do it (the monologue) justice."

She encouraged us to go home and really think about what our monologues meant: to us, and to the women whose stories they tell. A few rehearsals later, co-

director Kara Eggers asked us what conclusions to which we had come. Why were our monologues important? What were they truly trying to say?

I was silent for the most part, muttering a few sentences about transgender conflict and femininity. When others took up that conversation, however, I was silent not out of shyness, but out of awe. Some of the cast members in that circle had experienced for themselves violence and sexual assault.

**See MONOLOGUES,**  
pg. 12



# Winona State holds American Magic-Lantern Theater

**Courtney Kowalke**  
Winonan

The American Magic-Lantern Theater illuminated the past for nearly 100 people Tuesday night when Winona State University hosted its Valentine Magic-Lantern Show in Somsen Auditorium.

Called "a living national treasure" by U.S. National Public Radio, the Magic-Lantern Show is billed as an "authentic Victoria big-screen extravaganza that led to the movies." The evening's entertainment included dramatic stories, comedic skits and several musical numbers performed by pianist and soprano soloist Nancy Stewart.

"They are the only group currently specializing in this field in the U.S.," assistant professor of English Ann-Marie Dunbar said.

Indeed, the American Magic-Lantern Theater is the only touring company in the country and one of only three magic-lantern theaters still operating in the world.

The event was hosted in conjunction with

Winona State's continuing celebration of iconic English writer Charles Dickens. The departments of English and music, along with the Winona State library, College of Liberal Arts and the WSU Foundation, sponsored the presentation.

The Magic-Lantern Theater cites their mission as working to help modern audiences understand and enjoy Victorian literature and art by recreating this lost theatrical tradition.

Predating motion pictures, magic-lantern shows were a common form of Victorian entertainment, both in theaters and in homes. Such shows were popular because of their beauty, heightened drama, and the fun of audience participation.

A magic lantern operates much like a modern slide projector. Using a mahogany and brass lantern from 1869, images from hand-painted, three-inch glass plates framed by wood are backlit to show images on a large screen. Various kinds of mechanical, hand-cranked slides were also used to produce animation and

create special effects.

Terry Borton, the show's narrator, writer and producer, noted that some of the newer-looking slides used in the performance were replications of originals.

"I use these often when we travel, especially overseas, so I don't risk damaging the originals," Borton said.

Following in the footsteps of his father, grandfather, and great-grandfather, Borton became a lanternist after pursuing a variety of accomplishments. He has received a doctorate from Harvard, served as Editor-in-Chief at education magazine "Weekly Reader," and has written several books including "Before the Movies" chronicling the history of magic-lanterns.

Stewart, the show's second major player, also has a variety of accolades. Having performed in the past with a variety of opera companies and orchestras, she is currently Director of the Greater Hartford Opera Chorus, Director of Music at St. Francis of Assisi Church and a faculty member of St. Joseph College in West

Hartford, Conn.

During the past decade, Borton and Stewart have performed several hundred shows from locations such as New York City to southern Singapore. Based out of East Haddam, Conn., Tuesday's show marked the first time the Magic-Lantern Theater's company has visited Winona.

The evening's entertainment, "A Victorian Valentine Show," consisted of 10 stories and songs, concluded with a small parade of spectacles and oddity slides. Beginning the evening with the old Irish folk song "Londonerry Air," Borton told the tales of Pygmalion and Galatea – a classic tale about a sculptor who falls in love with his creation, which comes to life – and of Rose Harwick Thorpe's "Curfew Must Not Ring Tonight," in which a young woman strives to stop her lover's impending execution in a creative manner.

Other stories regaled by Borton included Henry Wadsworth Longfellow's "Evangeline," the traditional tale of "Sally Casey and

the Billy Goat," and the humorous British melodrama "Miss Kitty's Road to Ruin."

Stewart received opportunities to showcase her impressive voice, singing 'Habanera' from Georges Bizet's famous opera "Carmen" about a Spanish gypsy. She also led the audience sing-along of Stephen Foster's "Beautiful Dreamer."

The show also appealed to parents there with young children with the songs "Where is My Boy Tonight?" – a mother's lament for her wandering song -- and "Mighty Like a Rose," which celebrated the birth of a new bundle of joy and was accompanied by 19th century photographs of infants.

In relation to the Dickens celebration, Borton and Stewart performed an encore telling of Dickens' best-known work, "A Christmas Carol."

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## MONOLOGUES — continued from pg. 11

They shared the details of their own past experiences, which eerily echoed some of the monologues. I found myself in a circle of survivors, a circle of strong women who, even after atrocity, humiliation and self-hatred, still managed to tell their stories to others.

It was then, sitting only feet from these incredible women, I started to understand what my own monologues meant. I began to comprehend what the Vagina Monologues was really about. It wasn't just about rape or violence or hate crimes. It was about finding the courage to turn those events into words.

Only when an event becomes a story, only once a victim becomes a narrator can we know the power behind them. These monologues are about strength. These monologues are about ownership. These monologues are about losing something precious... and taking it back.

It was with that in mind that I said my piece. I found that I didn't fear stumbling or forgetting my lines. They were ingrained deeper than they ever had been.

We all took that final bow on Saturday satisfied and elated at the applause. The tenth annual Vagina Monologues was a success,

and others would benefit from it. Ninety percent of the proceeds for the Vagina Monologues will be donated to the Women's Resource Center here in Winona. For now, I can feel proud of the small part I played in that production. I can also feel fairly certain that I will be back again next year, ready to once again tell those powerful stories.

And I can hardly vagina the wait.

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## 12•Features

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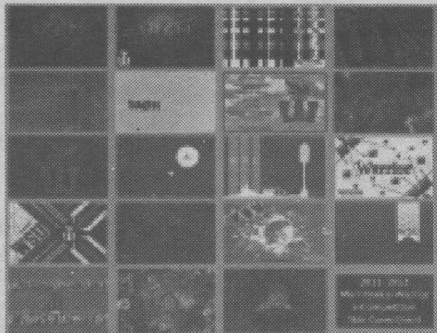




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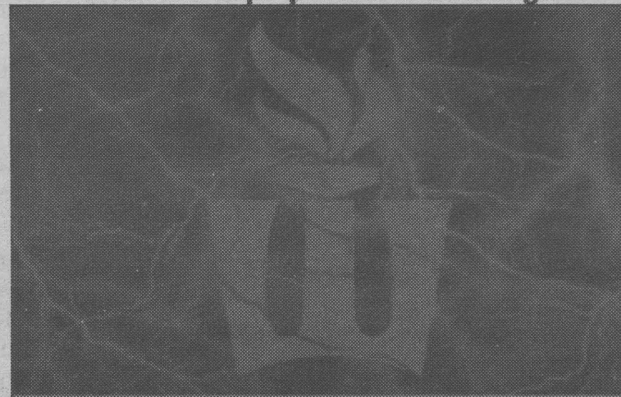


e-Warrior Digital Photography



Joseph Ahlquist, "The Walk to Class"

e-Warrior Laptop Cover Skin Design



Elizabeth Jacobs, "Lightening"

e-Warrior Jingle

Jeremy Fast  
(See below for link to hear the jingle)

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No entries this year  
(this could be yours ....)

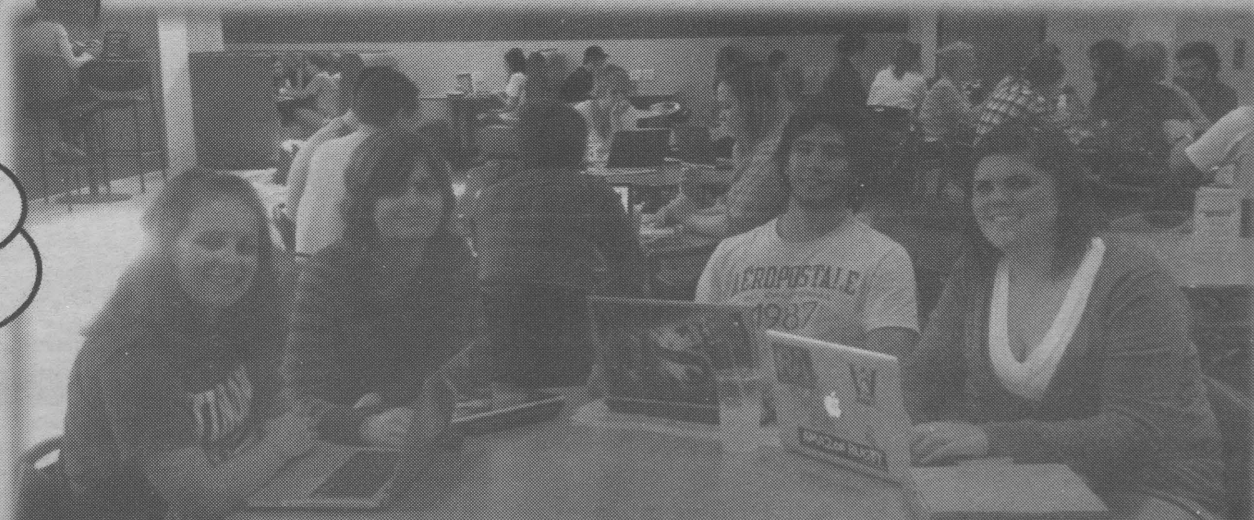
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# Q and A with Perth Prodigy: Ta-Ku

**Michael Wittig**  
Winonan

Within just a few short years Ta-ku; real name Regan Matthews, has managed to build a portfolio of music large enough to make The Beatles blush. Hailing from Perth Australia, Ta-ku has created a niche for himself in the ever-changing landscape of the beat scene. A 2008 graduate of The Red Bull Music Academy, Matthews has been releasing tape after tape of forward-thinking music since leaving the school.

Using a laptop, FL Studio, midi controllers, and vinyl records, the sounds produced by Matthews are hard to reproduce, if even possible. January 2011 saw his release

of a 19-track instrumental album titled; DUSTY. The title is more than appropriate given the amount of vinyl samples infused in the music. If one was to picture a large dark room, filled top to bottom with deceased records, DUSTY could easily mask itself somewhere in the stacks of decades past.

The music upon first listen feels deeper than just a beat tape. Reminiscent of Madlib or Slum Village, the soul and jazz elements on the record are impossible to deny. Ta-ku once again, from his quiet corner of the world, is able to depart from the monotony of mainstream hip-hop and instrumental beats. He was nice enough to take some time out of his busy schedule this week to answer some

questions.

Winonan: How do you find the time to make so much music?

Ta-ku: Honestly man I don't know! Ha-ha. I have a fulltime job too so I guess I aim to make at least a new beat every other night. I have a lot of fun making music so I have been lucky for it to flow with no real stress.

Winonan: How would you classify your sound? (If you had to)

Ta-ku: I know I have two sounds at the moment. Sampled soul joints and Electronic Beat music.

Winonan: What's the music scene like in Perth compared to hotspots around the globe? (LA, NY, ATL, Glasgow, London, etc.)

Ta-ku: It's very, very

quiet. There are so many talented musicians in Perth however. The beat scene though is very new here. It's slowly growing.

Winonan: What currently inspires you? (Producers, art, film, people, etc.)

Ta-ku: Definitely people. Relationships. Love. Make ups. Break ups.

Winonan: Where do you see this type of music in five years?

Ta-ku: I see it really blossoming. This beat scene can be really taken in so many directions so I don't see it being played out for a very long time. In the end we all need music so I see it only getting better.

Winonan: What's in store for Ta-Ku in the year 2012? (EP, LP, World domination?)

Ta-ku: I have my 50DaysforDilla dropping on wax very soon on HW&W recordings. I have my LP "Scarlette" dropping later this year. An EP on Soulection. An EP with the dude Miles Bonny, and a lot more secret collaborations I will reveal later!

For more information or free music from Ta-Ku visit: <http://ta-ku.me/>

or <http://www.facebook.com/takugotbeats>

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## Top 10 Reality TV Shows

by: Kortney Spaeth and Nate Siems

### 10. The Amazing Race

Number of seasons: 20

Watching United States citizens embarrass themselves all over the world? This show should never end.

### 9. Survivor

Number of seasons: 24

To be honest, we only watch this show because we want to see Jeff Probst burn himself when putting out torches.

### 8. America's Next Top Model

Number of seasons: 18

With each new season, Tyra gets more and more absurd. We are waiting for the episode where she pulls a praying mantis on the contestants.

### 7. Swamp People

Number of seasons: 3

Msifksfnemwfnjdjhfdksfjhjdksfhdmndfnsmdifjsdkf.  
(Subtitles not available in newspaper.)

### 6. Pawn Stars

Number of seasons: 5

Try and imagine a world without Chumlee. It is a sad world, right? Also, we thought about just giving you 6 for this top 10. We have to make money here.

### 5. Fear Factor

Number of seasons: 7

As Joe Rogan's sanity goes down, the quality of the show goes up. I imagine the show was canceled because Rogan's head exploded.

### 4. Project Runway

Number of seasons: 9

Auf Wiedersehen.

### 3. Top Chef

Number of seasons: 9

When you watch the chefs on Top Chef spend hours making extravagant meals, one can only be inspired to cook something. Thirty minutes later, you have made cereal. Leave it to the professionals.

### 2. Big Brother

Number of seasons: 13

Imagine getting locked in your dorm building and not having a purple cord or cell phone. You have now entered Winona State's version of Big Brother.

### 1. The Voice

Number of seasons: 2

Christina Aguilera wears revealing clothing, Blake Shelton seems drunk, Cee-Lo Green hits on any female alive, and the show has Adam Levine. What more could you ask for?

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## Student athletes achieve high degree of success on the court and off the court

**Matt Shalbrack**  
Winonan

Her days consist of morning lectures in class, followed by an exhausting, sweat-filled basketball practice and ending with a night lecture. Toss in lifting and intramural sports and Michelle McDonald is left with little time for sleep.

McDonald, a forward on the Winona State University women's basketball team, is an elementary education major with an emphasis in early childhood education.

"The biggest thing that I've learned is how to be a team player. Respect your role on the team or in the classroom, and always try to get better," McDonald said.

Recently, McDonald, and fellow students Kathy Crudo, Lillian Golbach, Jena McDermott, Shannon McGowan, Jamie Soyk, Jordyn Strege, Kim Wachholder, and Lucas Wolf, were nominated with 74 other students from around the Northern Sun Intercollegiate Conference to

receive the Myles Brand All-Academic with Distinction Award.

The award is given to senior student athletes in the NSIC that have an overall GPA of 3.75 or higher, have no college eligibility left, and are on pace to graduate in four years. Each student athlete receives a NSIC achievement certificate and a wristwatch.

"Once you get into a routine it definitely makes it easier to keep up with studies, practice and my social life," said Crudo. "Things become more set and you get a better understanding of what you need to do every day to complete and stay on top of your things. But once you have a little conflict in your routine because of your games moving, you need to be flexible with just what all you are doing."

"If you study what Division II is all about, it's called 'life in the balance,'" Winona State Athletic Director Larry Holstad said. "That you have an experience of being a student athlete with an emphasis on student and being

a part of the athletic exposure, but you are also part of the total community of which you have an experience that other students on campus have as a general student."

"Having to keep track of all that's due, and then arranging times to make up work or tests can be difficult, not to mention having enough time to get it done. Time management is key," McDonald said.

The decision to be a student athlete was an easy choice for McDonald, who has been on the basketball team all four years of her college career.

"I have played sports my whole life, so when I was given the opportunity to compete at a higher level, and have it help with the cost of college, continuing to play the sport I loved was an easy decision," she said.

Managing time well one of the many hardships that a student athlete encounters during their college career she said.

McDonald, who is originally from Johnsbury, Ill., a four-hour drive from Winona, gets

homesick when she can't spend holidays or weekends off with her family.

"It's not always easy to see them. We miss some holidays and get shortened breaks, so that's always hard too," McDonald said. "You get used to it, and I'm blessed to get the time that I do, but homesickness kicks in at times."

The basketball team had a home game two days after the Thanksgiving holiday. More recently, there was a game scheduled one day after the New Year's Eve holiday.

"I feel a lot of the athletes here on campus are close or know one another. I feel that 'athletics' is its own way of life especially here at the collegiate level," Crudo said. "People understand your schedules and you find that your teammates become your roommates and your closest friends and number one outlets here on campus."

Student athletes don't just have to stay mentally and physically involved during games and practices, they also need to keep that mental toughness while they're in

school.

Motivation after a loss or a bad practice is one of the biggest stressors McDonald deals with because she reflects on the various aspects of the game that could have gone better or finds other ways she could have been more beneficial to the team, she said. But even after the exhausting practices or staying up late to finish homework assignments, being a student athlete prepares students for the real world by teaching responsibility and time.

She said, "In life, you can't do everything by yourself. You have to learn to give and take, help others as much as possible, and work hard to do your part. I'm a better person in the fact that I'll be a contributing member of society, and a positive influence for those around me."

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## Track and field has two first place finishes at the NSIC Indoor Championships

**Mitch Rudolph**  
Winonan

The Winona State women's track and field took third place at the NSIC Indoor Championships last weekend with two individual first place conference titles.

The Warriors battled hard in their last indoor meet of the season, scoring 90 points as a team giving them a solid third place finish.

Out of the 55 teammates, Winona State sent 25 girls to compete.

Overall the Warriors scored points in eight different events, including two first place finishes.

Individually, senior Caitlin Dhein and sophomore Alissa Rausch both took first place finishes in their events.

Dhein competed in the 60-meter dash with a time of 7.68 seconds, just 0.05 seconds off her current school record time of 7.63. Dhein also holds the school record for the 55-meter dash and the 100-meter dash.

Dhein has been with the team for four years, contributing tremendously to the program, including her second consecutive first place finish at the NSIC Championship last weekend.

"It was so close, I didn't know how I placed until I saw the look on my coach's face," Dhein said. "I was nervous, there was a 10 second delay before I found out how I finished."

Wayne State's Nicole Brungardt was just .01 second behind Dhein at the finish line.

Alissa Rausch achieved the other individual first place in the shot put. Rausch had a throw of 14.21 meters. Teammate Shanai Guider came in third with a throw of 13.63 meters, which combined contributed 16 points to the Warriors team score.

Other standouts include senior Nicole Drangstveit, who placed third in the 200 meters. She was also a member of the 4x400 meter relay team who also took third with a time of 3:55.61.

The 4x400 meter is one of the team's favorite events to watch and cheer on.

"You can really see the team bonding and cheering together when we watch the 4x4," said senior teammate Lily Golbach.

The team was just 2.69 seconds off the school record

set last year of 3:52.92.

Along with the 4x400 there have been plenty of events the girls have excelled in.

"This has been a big year, a lot of exciting things have happened this season," Golbach said.

Up next for the women is the NCAA Indoor Championships that takes place March 9-10 in Mankato, Minn. As of now, three throwers and the 4x400 team are going with the possibility of Dhein competing as well.

During the next few weeks the team will enjoy a two-week break before the outdoor season begins. The first regular season outdoor meet will take place in Winona on March 28.

Be sure to catch all of the action as the indoor season winds up, and the outdoor

begins.

To keep "track" of the Warriors, visit [www.winonastatewarriors.com](http://www.winonastatewarriors.com).

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# Women's basketball loses in overtime against Duluth but wins against Bemidji in final game

**Alyssa Griffith**  
Winonan

The women's Warrior basketball team forced Minnesota Duluth into overtime before falling short, 76-70 on Friday night.

UMD's advantage over the Warriors decreased in the second half as Katie Wolf led them to a one point lead after a pair of free throws with less than eight minutes left.

Winona State reached a four-point lead with less than two minutes, until the Bulldogs recorded two free throws and a layup in less than a minute, tying the game at 63.

Becca Friestleben scored on a 3-pointer bringing Minnesota Duluth's lead to only two points with 31 seconds left in overtime.

The Warriors shot 41.5 percent from the floor against

the Bulldogs.

Friestleben recorded five treys and led the Warriors in scoring with 18 points. Marieanna Dulas scored 14, Wolff added 12, and Michelle McDonald recorded 11.

The Warriors won their last regular season game 73-59 against Bemidji on Saturday.

Abby Busch was credited with a double-double and teammate Michelle McDonald added seven rebounds, and had a career-best three 3-pointers, helping her reach 21 points on the night.

The win placed the team in a tie for fifth in the league with Minnesota State. The Warriors to 18-10 overall, and 13-9 in conference play.

Winona State went on an 11-5 run with less than four minutes in the first half, reaching a nine-point advantage.

Busch added a free throw

and 3-pointer on consecutive possessions early in the second half, leading the Warriors to a double-digit lead.

She scored 13 points and had ten rebounds, while Friestleben recorded five 3-pointers and 15 points after coming off the bench.

Michelle Tobin scored nine points, and Marieanna Dulas had a complete game, recording five points, five rebounds and ten assists, which tied her career-high.

Winona State had 12 shots from behind the 3-point line, shooting 46.3 from the floor, and out-rebounded Bemidji 39-23.

The team has improved over the course of the season, opening up some possibilities for the Warriors as their regular season comes to an end.

"That's an exciting feeling for us to have when things felt

so distant back in January," Coach Scott Ballard said. "We've really put together a nice stretch run here and beat them convincingly."

The College Sports Information Directors of America selected McDonald as NCAA Division II Academic All-America of the Year last week.

McDonald is Winona State's leading scorer and rebounder this season, while holding herself to high academic standards with a 3.86 GPA in Elementary Education.

"The Academic All-America is a huge honor. I had no idea I was even nominated for anything like that," McDonald said. "I feel like it's the best award you can get at the DII level, because academics are valued so much. It's not just how you perform on the court

but in the classroom as well. I've worked really hard in both of those aspects, and I am so grateful to receive this award."

She is averaging 16.1 points and 7.9 rebounds per game, with an average shooting percentage of 55.5. She has had four-double-doubles and scored a career-high 32 points against Upper Iowa this season.

McDonald is a two-time NSIC All-Academic selection, and earlier this season, was named to the Academic All-Region team.

The win this weekend brings Winona State into the first round of the NSIC/Sanford Health Tournament. They will face Mary on Wednesday for a 7 p.m. tip off in Bismarck, ND.

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# Warrior basketball goes 1-1 on last road trip of the regular season, now 24-2 overall on year

**Erin Cochran**  
Winonan

Coming off last week's NCAA ruling that challenged the Winona State Warriors men's basketball team mentally didn't stop them from playing hard against Minnesota Duluth and Bemidji State University.

The men ended with a split weekend with a road victory against Duluth on Friday, 82-69 and a loss against Bemidji 94-84.

Friday's game proved to be very intense on the court, challenging both teams. The officials didn't call many of the physical contact run-ins.

"A physical game is my type

of game," Clayton Vette said. "You have to be prepared for anything when you are playing to win."

The physicality of the Bulldogs proved to work as they took the lead at half with a one point lead, 39-38.

Vette scored 24 points, grabbed eight rebounds and was 11-for-18 from the floor.

Taylor Cameron recorded his third double-double this season, also adding five assists, ten rebounds and 11 points overall.

Xavier Humphrey also added 11 points, while Kellen Taylor and Zander Culver scored nine.

The Warriors also played Caleb Palkert and Skyler

O'Laughlin, red shirts, to give Vette a break mentally and physically. O'Laughlin proved to be a great send-in by scoring six points in five minutes and sinking two dunks.

Overall, the Warriors shot 50.7 percent from the floor.

The intensity the men played with on Friday carried over to Saturday as the Warriors took on the Bemidji State Beavers, but unfortunately ended with a Warrior loss.

The Warriors led the game for all but two minutes, 35 seconds of the first half of play and it looked like the men would be victorious on their final game of the regular season. Bemidji challenged Winona State and

climbed to victory at the foul line.

"Seeing the win that should have been ours was tough but we'll meet them in the tournament and I know it will be another great matchup," Vette said.

Though it was a tough loss to finish up the regular season, Vette made school history as he became the 34th player to reach 1,000 points. Jon Walburg also reached this milestone as well this season.

Vette also went 9-of-16 from the field and scored a career high 28 points.

Culver added 14 points while Walburg added 13. Kellen Taylor added six as well as

grabbed eight rebounds.

This game meant little when it comes to the seeding of the tournament but watching Bemidji ceremoniously cut down the net was hard on the Warriors.

The final regular-game standings for Winona State are 24-2 and 19-2 in league play. The Warriors are sixth overall.

For more information, go to [www.winonastatewarriors.com](http://www.winonastatewarriors.com).

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# Athlete of the Issue

**Name:** Kimberly Jane Wachholder

**Sport:** Softball

**Number:** 21

**Year in school:** Senior

**High School:** Westosha Central High School

**Hometown:** Salem, Wis.

**Parents:** Tom Wachholder and Char Shane

**Major:** Biochemistry with Biology Minor

**Why did you decide to play a sport outside of high school?** I've been playing softball ever since I could remember and I couldn't imagine going through college not being able to play the game that has impacted my life so much. Softball is my outlet from my everyday stresses and it allows me to just have fun while being competitive at the same time. It's a game that I love and couldn't live without.

**Most challenging part of the sport?** Mentally preparing yourself for the game. You can have all the physical tools and strengths, but if you're mentally out of the zone it doesn't matter.

**Accomplishments as college athlete?** I was selected for the MVC All-Academic team at UNI, All-NSIC 2nd team, WSU Athlete of the Week, NSIC Player of the Week, Myles Brand Award, and knowing the fact that I could be pushed to the limits in a college sport and succeed as a student has been very rewarding.

**Hobbies:** Anything active, sports, camping, fishing, working out, sewing, rock climbing, skydiving, and playing pool.

**What do you do outside of school and sports:** Outside of school and sports I like to stay active by working out, I hang out with friends and family when I get to see them, and go to church.

**Something others may not know about you:** I'm a science geek. I love science and all the nerdy jokes that come along with it.

**Why did you choose Winona State?** I choose WSU because of its reputation as an athletic powerhouse, I loved the scenery and outdoorsy feel of the campus, and I heard that the softball team had an awesome coach, which is definitely true! It was also a favorable distance from home and I felt welcomed into the university and chemistry program almost immediately after transferring from another university.

**Plans after graduation?** After graduation I plan on entering a graduate program in microbiology or virology to earn a doctorate degree in scientific research. Ultimately I would like to work for the government or a hospital researching viruses after I obtain my degree.

**If you could meet anyone (past or present) who would it be? Why?** I would like to meet Marie Curie. She changed the world of science with her research on radioactive particles, which was awarded a Nobel Prize, and created a name for herself in a male dominant scientific field. Learning about her work, the challenges she faced, and what it was like to be a woman scientist in her time would've be fascinating.

**Role Model? Why?** My parents, they are the hardest working, most loving people I know and I can attribute my success and work ethic to them. They have taught me everything I knowing about perseverance and striving to reach my goals, and I thank them for installing such qualities in me.



Photo by Andrew Nyhus

Photos Contributed By: Chops Hancock/ Andrew Nyhus/Winona Athletic Department  
Interview By: Matt Shalbrack/Winonan

## Gymnastics split final meets of season against UW-La Crosse and Hamline University

**Jamie Babetch**  
Winonan

The Winona State University women's gymnastics team finished up their last two regular season meets this weekend.

The Warriors went 1-1 losing to UW-La Crosse but beating Hamline University.

In the meet against UW-La Crosse, the Warriors posted a team score of 178.450 but it was no match for the 182.700 UW-La Crosse scored.

The Warriors started off on the bars. Jena Jondahl and

Brooke Baures led the Warriors with each posted a score of 9.100.

Anna Gleason posted a 9.000. The Warriors then competed on the vault. Katie Seehusen scored a 9.250 and Laura Fabian posted a 9.200.

Baures then scored a 9.150 on the beam.

Chelsea Lindeman led the Warriors with a 9.400 on the floor.

"Every gymnastics meet takes up a lot of time and commitment," Jenna Woelfel said. "With competition and

warm ups equaling a total of about six hours, it's important that the whole team stays tuned in and cheering for everyone. It makes it much easier to put 100 percent effort forth for that long of a period of time."

The Warriors then competed at Hamline for their final regular season meet.

The Warriors posted a winning score of 179.625 over Hamline's 179.375.

Seehusen scored a 9.275 on the vault. Fabian added a 9.250 on the vault.

Gleason won an individual

title on the bars with a score of 9.500.

On the beam, Sabrina Hoover scored a 9.300.

Lindeman scored a 9.375 on the floor.

Seehusen said, "We supported each other all the way through the meet, especially when routines didn't necessarily go as well as we would have hoped."

Winona State will compete March 3 in the NCGA West Regionals/WIAC Championship.

Woelfel said not every meet

can be perfect and they need to keep working on their routines before competing again in a few weeks.

For more information on the women's gymnastics team and other Warrior athletics visit [www.winonastatewarriors.com](http://www.winonastatewarriors.com)

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# Fantasy baseball season starts now: time to brush up on your statistical knowledge

**Matt Shalbrack**  
Winonan

It's almost that time of the year; the opening day of the 2012 Major League Baseball season is upon us.

With pitchers and catchers officially reporting to their teams for Spring Training, it's time to take a look at the upcoming fantasy baseball season.

ESPN recently released their top 300 players for the upcoming season and the list can be found here: [http://sports.espn.go.com/fantasy/baseball/flb/story?page=mlbdk2k12\\_top300](http://sports.espn.go.com/fantasy/baseball/flb/story?page=mlbdk2k12_top300).

If you're impatient and can't wait to get to the nearest computer to check out the list, I'm going to list the top six fantasy players, their projected stat lines from ESPN and then my top three sleepers for the upcoming season.

Leading the way is first baseman Miguel Cabrera. Technically, Cabrera will be a third baseman by season's end because the Detroit Tigers just signed Prince Fielder to a mega deal, but Cabrera will start out the season with only first base

eligibility.

Cabrera is the definition of a workhorse; he is extremely consistent and durable year after year as he batted .344 with 30 homeruns, 105 runs batted in, while scoring 111 runs.

Now with the addition of Fielder, it looks like opposing pitchers will have to pick their poison as Cabrera is projected to hit 33 homeruns, have 113 RBIs, score 110 runs and bat .329 this season.

Next on the list is fellow first baseman Albert Pujols. Pujols, who switched leagues and signed a mega-deal with the Los Angeles Angels of Anaheim in the off-season, is projected to improve on his 2011 stats by hitting 44 homeruns, batting in 109 RBIs, stealing 11 bases, scoring 109 runs all while batting .314 — makes sense on why Pujols is one of the premier fantasy players of the last decade.

In third place is the most valuable player in ESPN fantasy leagues last year, Matt Kemp. In 2011, Kemp was the third player to ever be in the 35/35 club — hitting 35 homeruns and stealing 35 bases all while posting a batting

average of .320 or higher.

This year won't be any different for Kemp as he is projected to hit 34 homeruns, bat in 112 RBIs, steal 33 bases and touch home plate 103 times.

We stay in the outfield for number four on the list, Ryan Braun. Braun, who just got his 50-game performance enhancing drug suspension lifted, is projected to have another MVP-like season, batting .311 with 31 homeruns, 121 RBIs, 25 stolen bases, and 111 runs scored.

Number five on the list is Toronto Blue Jays third baseman/outfielder Jose Bautista who is coming off a tough second half of the season last year as he only hit .257 with 12 homeruns.

But, Bautista is looking to redeem himself this season and prove that he is not a fluke. His 2012 projection is that he will hit 43 homeruns again this season, score 104 runs, steal nine bases and bat in 104 RBIs while hitting .283 overall.

The sixth player and first shortstop on the list is the Colorado Rockies' Troy Tulowitzki. Tulo, who was

injured for part of the season last year, still hit 30 long balls and batted in 105 RBIs.

With high hopes that he doesn't get hurt again this year, his projected stats for the season are 85 runs scored, 32 homeruns, 99 RBIs, 12 stolen bases and a batting average of .299.

My top three sleepers for the 2012 season are utility man Emilio Bonifacio, Alex Avila, and Dustin Ackley.

Bonifacio, who comes in at number 214 on ESPN's top 300 list, is eligible at shortstop, third base, and in the outfield. He was a definite threat in the last four months of last season, and is someone who can steal 30+ bases in a season.

He doesn't hit much for power, but he gets on base, giving him potential to score lots of runs atop of the revamped Miami Marlins batting order.

Avila, the Tigers main starting catcher now that Victor Martinez is likely out for the season with a torn ACL, bounced back in a big way last season hitting 16 homeruns and batting in 69 RBIs.

With more of a full time position instead of being

platooned, ESPN is projecting him to bat .295 with 19 homeruns, 82 RBIs and 63 runs scored — all significant improvements from an impressive 2011 season.

Finally, Ackley, who was a rookie last season and started in only 90 games, is a cheap, viable option at second base if needed.

He should be a late-round pick and if you can get him, stash him away on your bench to provide some depth at a shallow position like second base.

There you have it, the top six projected fantasy baseball players for the 2012 season and my top three sleeper picks as well.

Leagues are already starting to form on ESPN.com with the first live snake or auction drafts taking place on Feb. 28.

Good luck this season and if you need to fill a spot in one of your leagues, don't hesitate to email me. I'm always willing to play in another league.

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# Minneapolis group Caroline Smith & The Good Night Sleeps visit Winona State



Brad Farrell/Winonan